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TITLE	Growing, Growing Strong. A Whole Health Curriculum for Young Children.
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ABSTRACT

This curriculum supports teachers who want to integrate health education into the early childhood curriculum, introducing health information through interactive activities. The book presents ideas for eight health-related themes. Themes overlap and are reinforced throughout the book. Chapter 1, "My Wonderful Body," discusses three topics: body parts, the five senses, and body movement. Chapter 2, "I Take Care of My Body," discusses five topics: washing, hair care, teeth care, dressing oneself, and need for rest. Chapter 3, "Foods I Eat," addresses four topics: hunger, different foods, sharing food, and what not to eat. Chapter 4, "My Mad, Sad, Glad, and Scary Feelings," discusses four topics: emotions, self-esteem, friendship, and death. Chapter 5, "My Family, My Community, My World," addresses four topics: families, helping others, community, and helping the environment. Chapter 6, "Be Safe, Not Sorry," presents five topics: safety rules, street safety, seat belts, weapons, and fire. Chapter 7, "If I Need Help," discusses two topics: helpers for health and safety. Chapter 8, "For My Good Health," highlights four topics: preventing disease, taking medicine, preventing drug use, and how children get what they need every day. Each chapter includes sections on diversity, ideas on extending the theme, suggested learning center materials, children's activities, and family information and activity bulletin. The appendix provides a list of resources to enhance health education. (SM)

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